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AFN STUDY REVEALS EXTRAORDINARY GOV'T

OBFUSCATION, DECEIT AND SLIEGHT OF HAND IN REGARDS TO ABORIGINAL POLICY

A legal study endorsed by the Assembly of First Nations of the federal government's much-disputed policy requiring that all Indian claims, titles, and rights be extinguished as part of any land claims settlement, establishes an extraordinary existing situation. The study says the federal policy has been outflanked by a series of Supreme Court decisions issues over the last twenty years, and is now inconsistent with the law. But even more remarkably, many of the parameters of the government's Comprehensive Land Claims Policy (CCP) are hidden away in federal policy statements that are still classified, and are not even available to the public.

This is a classic example of one of the central federal tactics in its dealings with Aboriginal people, namely, to obfuscate and conceal simple facts under a blizzard of bureaucratic paper. Aboriginal people have become used to dealing with that: but until now it is unlikely that most of them have realized that even they are not allowed to know the full details of the government's policy for stripping Aboriginal rights from Aboriginal people.

The study was prepared for the AFN's Delgamuukw Implementation Strategic Committee (DISC) by Mark L. Stevenson and Albert Peeling. It was released on Friday, and has been sent by the DISC committee's co-chair, Chief Arthur Manuel of B.C. to Stephen Owen, the new junior minister in the Indian Affairs Department.

In his letter Chief Manuel says the reason there has been so little progress towards settling claims is that the federal CCP fails to address issues of extinguishment, the recognition of Aboriginal title in the land, and compensation. "That's why you cannot reach agreements," Chief Manuel writes. "You might get some First Nations into the process, because they need the money, but you're only fooling yourself if you think you can get them to sign a final agreement."

Manuel's letter does not recall — but might well have done — that when David Crombie was minister of Indian Affairs, he commissioned a study that told him extinguishment was not necessary even from the federal government's point of view. But soon after he received that advice, Crombie was dismissed from

office, it is believed mainly on the impetus of his infuriated senior civil servants.

The study forwarded by Manuel to Owen acknowledges that the federal government changed its 1981 Comprehensive Claims policy in 1987, and that the new policy attempted to search for different language for extinguishment, agreed to include self-government (political rights) as a part of negotiations, broadened the scope of negotiations, and made a greater effort to protect the interests of third parties.

But in essence, he wrote, the policy continues to require that First Nations surrender their rights and title in return for negotiated rights provided through treaties. The only wavering on this issue is in relation to settlement lands and existing reserves, which may remain as Aboriginal title lands, except in British Columbia.

The study runs through the most important cases that have put flesh on to the concept of Aboriginal rights since they were constitutionally endorsed in 1982: *R vs Guerin* in 1984, (which found that a fiduciary duty lies with the Crown, which has the general obligation to act in the best interests of Aboriginal peoples); *R vs Sparrow* in 1990 (which held that a constitutionally protected Aboriginal right exists (the right to fish for food) and that the right has been infringed by federal fishery regulations, and also clarified that the extinguishment of section 35 rights requires clear and plain language); and various other cases, culminating in the *Delgamuukw* decision in 1997, which held that "Aboriginal title is a right in land and, as such, is more than the right to engage in specific activities which may be themselves aboriginal rights. Rather, it confers the right to use land for a variety of activities, not all of which need be aspects of practices, customs and traditions which are integral to the distinctive cultures of aboriginal societies. Those activities do not constitute the right *per se*; rather, they are parasitic on the underlying title. However, that range of uses is subject to the limitation that they must not be irreconcilable with the nature of the attachment to the land which forms the basis of the particular group's Aboriginal Title. This inherent limit

Boyce Richardson
www.magma.ca

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ON THE COVER

It's Still Winter in Eeyou Ischee
Photographer: Neil Diamond
Cover Design: Mona Laviolette

EASTER FALLACIES

As Easter approaches, I wonder of how the bunny ever got into the scenario of a usually somber and religious ceremony of the rebirth of Jesus Christ and how the transition to modern day chocolate bunny personification began. As far as I can remember back to my childhood days, Easter was an occasion that usually started with a visit from the Easter bunny and then a visit to the dentist a few weeks later.

When I think about it, the same thing applies for Christmas. Wasn't it originally (and still is) a celebration of the birth of the baby who grew to become the Messiah? Where does Santa and his eight reindeer come from? The Netherlands? It really makes you wonder when the original intent of Christianity and the faith and the followers became overshadowed by a commercial deity. Commerce became synonymous with children and their unwavering beliefs that grew into a multibillion dollar enterprise. 'Nuff said.

Back from wonderworld, I recently started asking around for more ideas for Rez notes and I was approached with a rather novel idea. A "What if ... ?" series was brought up. A question of what if we, the Cree, all stopped drinking and what would be the consequences, for example. I suppose nearly every depanneur within a hundred kilometers of any given community would go bankrupt. Bayer (the makers of aspirin) would have a banner year from escalating sales due to the hang-over of hundreds of people.



Social services would finally be able to relax on weekends and small bars like the C.L. would only be a hazy memory. Tea would regain its rightful place as the number one drink to guzzle and coffee would probably edge in closer to number two. Karaoke bars would flourish and most likely the birth rate would go down after hockey tournaments. Amazingly, Budweiser would still be the king of beers.

Treatment centres would have to search frantically for new clients and dry bars with go-go dancers (fully clothed) would become the new rave. Families would probably be happier and children would grow up unscarred. Perhaps this may be a fantasy, but it can be a real situation, one day maybe in the distant future. Maybe there is a Santa and perhaps the Easter bunny does hop around with a calorie-laden basket of goodies.

The Nation
is published every two weeks
by **Beesum Communications**

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THANKS TO: Air Creebec,
Tom & Eliza Webb, George Diamond
& the kind people who feed us at the
Chisasibi Culture Camp

WHERE TO REACH US:

POSTMASTER:
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SUBSCRIPTIONS

INDIVIDUALS & INSTITUTIONS: \$45
ABROAD: INDIVIDUALS: \$70 U.S.
ABROAD: INSTITUTIONS: \$85 U.S.
PAYABLE TO BEESUM COMMUNICATIONS

PRINTED BY WEBEX
ALL RIGHTS RESERVED
PUBLICATION MAIL #0584584
ISSN #1206-2642

THE NATION IS A MEMBER OF:
THE JAMES BAY CREE COMMUNICATIONS SOCIETY, CIRCLE OF
ABORIGINAL CONTROLLED PUBLISHERS, CANADIAN MAGAZINE
PUBLISHERS ASSN.,
QUEBEC COMMUNITY NEWSPAPER ASSN.,
CANADIAN COMMUNITY NEWSPAPERS' ASSN.
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Nation

CANADIAN COURTS SAY TAX EXEMPTION IS NOT THERE TO BENEFIT PEOPLE ECONOMICALLY - APPEAL REJECTED

NEWS

FIGHT WEARS ON FOR THE WEARY

Roger Obonsawin is in the seventh year of a fight for values, culture and beliefs. This month he found out that his battle could likely carry on for another seven years - not only at his expense, but also for the thousands of Aboriginal peoples in Canada who earn income outside of their Reserve.

On March 14 the Supreme Court of Canada refused to hear an appeal by Native Leasing Services (NLS), which sought to resolve an ongoing dispute with Revenue Canada over the tax status of First Nations people who work off-reserve for an employer based on-reserve.

The case goes back further than seven years - 152 years, to be precise - when a constitutional

clause known as the Indian Act (s. 87) was drafted. The original draft holds that no Indian or band is subject to taxation in respect of the ownership, occupation, possession or use of property - or is otherwise subject to taxation in respect of any such property.

In 1995 Rachel Shilling, along with three other employees of NLS, sought protection through the Indian Act as she challenged the Canada Customs and Revenue Agency (CCRA) on the grounds that she should not have to pay taxes on her income because she is a Status Aboriginal working off-reserve for a company within the reserve.

Her grievance quickly became one of four key test cases by which CCRA was supposed to gather information. Once the scope of the issue became more apparent, however, the momentum stalled.

"What we found is that while they were proceeding expeditiously initially at the lower levels, they slowed down, and we think it's because they

saw it was going to be a difficult process for them," said Obonsawin.

In light of the decision, even if they say that, what's wrong with that? If you look at all the [government] handouts, there's no incentive to work; there's no incentive to develop your skills - and it's also very demeaning.

NLS represents over 1000 First Nations employees and is located on the Six Nations of the Grand River Territory in Southern Ontario.

CCRA may live to regret their ruling that there is still not enough information present to make a decision, thanks to Dwight Dorey, National Chief of the Congress of Aboriginal Peoples.

Only five days after the Supreme Court rejected the NLS appeal, Dorey appeared before the Standing Committee on Aboriginal Affairs dealing with the Indian Act.

In his address, the Aboriginal reality in Canada today is that the majority of Aboriginal people do not live on Indian Act reserves, nor do they benefit from the provisions of the Indian Act.

The Congress of Aboriginal Peoples, or CAP, is one of the oldest national Aboriginal organizations, originally founded as the Native Council in 1971.

A 1996 census report shows that there are more than 1.1 million people of Aboriginal ancestry living in Canada. Of that number, Statistics Canada reports that close to 80 per cent of all Aboriginal peoples do not live on Indian Act reserves, which are defined in the Act as surrendered lands.

With mobility to urban centres on the rise and Aboriginal peoples still having to deal with allegedly outdated legislation, those who choose to work off-reserve find themselves as being

on the outside looking in, according to Dorey.

"Off-reserve Indians want the archaic Indian Act concepts of Indian status and band membership fundamentally reformed," he stated before the House of Commons last week. "It is archaic, unfair, paternalistic and it must go. We can do all this without compromising Aboriginal imperatives - our cultures, our languages, our belief systems, our spirituality, our artistic expressions - many of the things that set us apart as Aboriginal peoples."

The Shilling case has not been fully determined, he added. "We now have to go back to lower courts and work out with Revenue Canada how to proceed on this."

In the meantime, the road ahead seems to be stretching out further than anyone cares to admit. The bearing of Rachel Shilling's case does not exist in a vacuum, however, and the eventual outcome of her case will not only affect her but also the thousand sole-support mothers employed by NLS who are hanging in financial limbo.

"This needs to be resolved as quickly as possible. We're very concerned because our employees have no certainty about how to conduct their affairs, and that's leaving them in a very difficult situation," he explained.

"The indecision of the Appeals Court and the fact that the Supreme Court will not hear it means we go back, which may mean another seven to ten years, unless we can come to an agreement with Revenue Canada by either settling the issue out of court, or taking it up at the lower level and start all over again."

While it has been argued that tax exemption is a loophole, proponents for change in legislation maintain that the precedent set by the Shilling case establishes off-reserve income exemptions as a constitutional right for Aboriginals. Far more perplexing however is the federal government's inability to seize the inherent advantages that the proposed changes could provide for everyone.

The way Section 87 stands now makes it almost impossible to administer. Any issues that come up in the future will no doubt cloud the issue, so [the government] could use some certainty as well.



Chris Paré

flows from the definition of Aboriginal Title as a sui generis interest in land, and is one way in which Aboriginal Title is distinct from a fee simple.")

These clarifications by the Supreme Court have put the Comprehensive Claims Policy in violation of the law, says the study forwarded by Manuel to Owen. The study admits that the 1987 changed policy admitted self-government as an acceptable part of negotiations, but states that it did not allow for its constitutional protection. In other words, under the CCP self-government remains "essentially a delegated form of community-based self-government."

But on this subject the study reveals one of those classic government obfuscations: self-government is allowed to receive constitutional protection as part of Canada's Inherent Right Policy, announced in a document with the mouth-watering title *Aboriginal Self-government: The Government of Canada's Approach to Implementation of the Inherent right and the Negotiation of Aboriginal Self-government*.

Manuel's letter to Owen states that many similar policy statements have been issued containing changes in the CCP policy. These include documents with the jaw-breaking titles of: *A Statement of Aboriginal and Crown Title* (April 29, 1998), *A Statement on Interim Measures for Treaty Negotiations in British Columbia* (April 28, 2000), *A Statement on Certainty Principles For Treaty Negotiations in British Columbia* (April 28, 2000), *British Columbia Capacity Initiative to enhance British Columbia First Nations' abilities to prepare for comprehensive land claims negotiations* (January 27 1999), a framework policy and funding for *Treaty Related Measures in British Columbia*, and a revised *Province-Wide Fisheries Strategy for Treaty Negotiations in British Columbia*. As well, says Manuel, there have also been structural changes to the process of negotiating modern treaties that are specific to British Columbia. In addition to these, there are policy changes from time to time that result from different Final Agreements or from the evolution of politics.

"Extraordinary in its silence"

"Canada's Comprehensive Land Claims Policy (CCP) announced in December of 1986 cries out for revision," says the DISC study. "The policy was outdated at its inception because it continued the 'cede release and surrender' policy of the historic treaties and placed that policy in a 20th century context. The legal landscape has shifted and the claims policy has not kept abreast. It is now the 21st century and the need for change is self-evident. The federal response to the need for changes is extraordinary in its silence.

"Apart from not keeping pace with the law," says the study's analysis, "the current policy is disjointed and applied inconsistently. Some of these (policy statements) are available to the public, and some are not. Some of these public pronouncements are merely self-serving political statements, others amount to changes in the policy, and it is sometimes difficult to distinguish between the two. Other changes are clearly an attempt to pander to the provinces and third parties and are not in the best interests of Indians.

"There is no single place to locate the policy, and in fact much of the policy remains classified and as such, is unavailable to the public. To make matters worse, critical elements of what is available to the public and purported to be the policy are not being followed."

Walk Appreciated

My name is Sarah Lameboy, sister of the late Maggie Duff. I want to give my appreciation and gratitude for this special event (Wellness Walk), knowing that my late sister suffered from diabetes and knowing she is being remembered at this event.

I felt a lot of sympathy for her many times during her illness especially since I couldn't do anything for her. The only thing I could do was pray with her. She was always glad whenever I told her that I was going to pray.

I also want to thank her children, especially Doris for taking care of their mother. They were always there for her until she died. I will always be happy when I remember her last words she spoke to me, saying, "Sarah, it is very bright out there." It brings me comfort.

I greatly support this event; hoping that it will continue in the years ahead. I'm also happy and thankful that one of her granddaughters, Edith Chiskamish participated in his event. God Bless you all.

Thank you.

Sarah Lameboy, Chisasibi, QC

Need for Another Walk

There have been many walks in Eeyou Istchee for different courses, e.g. Diabetes Awareness, Bringing Our People Home, just to name a couple.

There should also be an ALCOHOL AND DRUGS AWARENESS WALK, due to the fact that all nine communities have similar problems concerning A&D.

This problem has many negative impacts in all areas of Cree society throughout the entire Eeyou Istchee. I know there hasn't been that much done in all nine communities concerning these problems we face in our daily lives.

In more ways than one, this problem is indeed a serious sort of sickness which needs correcting and should be corrected as soon as deemed possible, for the benefit of the unborn future generations of Eeyou Istchee. For uncorrected mistakes grow bigger and bigger with time.

All monies raised for this cause would go to the healing foundation wherever that might be located within Eeyou Istchee.

I personally have lost a loved one due to alcohol. Letting go of the past is so hard to do, when you feel the pain.

Hoping someone hears my plea.

A very concerned parent and grandparent.



UNDERDOGS TO REC DAWGS!!!!

Who let those Rec Dawgs out?

Hard to believe that the 2001-2002 Hockey Season in Waskaganish is almost over. Still, there's lots of hockey excitement left to play as the Recreational Hockey League playoffs are well under way. However, I reckon that by the time this will be printed, the Finals will be over and the players will be awaiting NHL playoff fever to begin.

Three teams are remaining in the hunt. Now that the Eagles have eliminated the Huskies, they'll play the winner of the Bears/Wolves 3 out of 5 semi-finals. The Bears stayed alive by winning 4-3 in the last minute of the game after losing game 3 in a shoot-out. The two-time defending Champions Wolves hope to repeat to make it a third championship in a row. In this case it would be a "threepeat!" And like we say in French, "Jamais deux sans trois!"

Even though the RHL season is near the end, it has been quite a remarkable winter hockey season for some of the players of the league.

Back in January, the two league governors, the Bears' Dan Taylor and the Eagles' Charles Hester, had made up a RHL all-star team in a matter of two days in order to participate in a local tournament. Without a real team jersey and an official team name, a bunch of guys who had never really competed together came up with a sensational team effort to Win It All in the B section, much to the surprise of their

local fans. Who would have believed in their chances besides the players themselves? The Underdogs of town had proven that you cannot underestimate your opponent. It didn't take long in the Winners dressing room for the official name to unanimously become: the Waskaganish Rec Dawgs.

The idea of taking part in another tournament was on everyone's mind. Before leaving the arena, without a moment of a doubt, they had agreed to enter the Chisasibi Tournament in March.

Well, if you happened to be one of those thousand hockey supporters that got stuck in Chisasibi on that freezing rain weekend when a blizzard blew into town, you witnessed the Rec Dawgs Win It Again as they won the B division 5-3 in a tight battle against the Wemindji Slyfoxes. Lets admit The First Win was a shocker to everyone but this second one in a row, how sweet it was!! Back in the champs dressing room, you could feel the sense of accomplishment in the air. Again, the Dawgs had won 'cause they had played as a team. I'll never forget that moment!!

As for now, some of the Rec Dawgs are trying to win the RHL League Finals. When that's over with, they'll be getting ready for what will be their shot at the Challenge Cup in Wemindji. And like I said: "Jamais deux sans trois?" So... who let those Rec Dawgs out?

Note: Benoît Côté is the Wolves' Rec Dawg goalie

by Benoît Côté

Feds defend slow pace of residential school settlements

The Canadian press reports that government officials will move faster to compensate those abused in Indian residential schools. But critics warn victims caught in a sluggish process are dying off.

"We're making a lot of progress out there," said Shawn Tupper, director general for Indian Residential Schools Resolution Canada. Since the department was set up last June, the government has settled 183 abuse cases out of court. That represents 40 per cent of 447 cases resolved since 1996.

The government has spent more than \$37 million on compensation, with settlements ranging from \$15,000 to more than \$300,000. The highest awards have been won in court for cases of severe abuse. More than 4,500 lawsuits have been launched representing at least 9,000 claimants who allege physical or sexual abuse in the now defunct schools run by Catholic, Anglican, United and Presbyterian church groups for the government.

Fifty cases have been resolved since October when Ottawa offered to pay 70 per cent of validated claims settled out of court, Tupper said. The church groups agreed to pay the balance in 40 of those cases, he said.

Plaintiffs can pursue the religious orders in court where the settlement is challenged, he explained.

Lawyer Tony Merchant, whose Regina-based firm represents 5,200 residential school plaintiffs, said he has handled 10 out-of-court settlements. He advised most clients to go for better deals in court.

"There's greater pressure on someone with little money to accept a bad settlement."

Merchant's firm will represent cash-strapped clients at trial for up to 40 per cent of an eventual award. It keeps 15 to 25 per cent of settlements reached out of court. Many plaintiffs are willing to accept a lesser amount for faster emotional closure. More than 70 of his clients have died before their cases could be resolved, Merchant added.

Traumatized plaintiffs are frequently interviewed two or three times by government lawyers, and must see psychologists chosen by Ottawa, he said.

PublicNotice

Société de développement de la Baie-James

Updating of the suppliers' file of the Société de développement de la Baie-James (SDBJ)

Within the framework of her process of call for tender on general invitation, the SDBJ invites the contractors, not registered on her suppliers' file and avid to be a part, to apply for certain auxiliary services.

SDBJ suppliers' file was established for the contracts of auxiliary services which the amount estimated is equal or superior to 50 000 \$, but lower than 500 000 \$.

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Companies interested to present their candidature can get the form at the following address:

110, boul. Matagami
P.O. Box 970
Matagami (Quebec) J0Y 2A0
Tél.: (819) 739-4717, ext. 264 or
mat@sdbj.gouv.qc.ca

The form can, on inquiry, be sent at any address of E-mail, surface mail or by telefax.


Interested companies should send their candidature by means of a form duly filled and signed in a (1) complete copy, by including a not refundable 50 \$ payment (including taxes) by registration, at the above mentionned address at the attention of Mrs Rollande Lauzon, Assistant Secretary, with the mention " Suppliers' file for auxiliary services ".

For additional information, please contact Mrs Rollande Lauzon, Assistant Secretary, by phone at (819) 739-4717, extension 263, or by fax at (819) 739-4329.

Candidatures can be dropped, any time, to the office of the SDBJ in Matagami.

The SDBJ has the right to accept or reject any application and to request complementary document after the said applications are received.

Réal Morrissette, C.M.A.
Administrative Manager

Québec 

It's estimated that more than 100,000 aboriginal children aged six and up attended the national network of residential schools from 1930 until the last one closed outside Regina in 1996.

Source: Canadian Press

CORRECTION TO THE INTERVIEW WITH JIM MCCARTHY OF INDIAN AFFAIRS, VOL. 9 NO. 9 ISSUE

The bands do not have 140 days to get their financial statements in. Section 94(1) Cree-Naskapi (of Quebec) Act states that auditors for the bands "shall, within four months after the end of the band's fiscal year, prepare and submit to the band (with a copy to the Minister) a report on the band's financial statement, ..."

RCMP KEPT SECRET 'RED POWER' FILE ON DISSIDENT NATIVES

The RCMP monitored and compiled lists of potentially violent, politically active native Indians for inclusion in a secret "Red Power" photograph album during the 1970s, according to newly released intelligence documents.

Canada's spy agency of the day, the RCMP Security Service, feared "armed confrontation" between the government and native activists, and threats to a pipeline running between Canada and the U.S., according to the records.

The RCMP intelligence records focus on the so-called Red Power movement in Canada. Red Power members found alliance with such U.S. groups as the National Congress of American Indians and the American Indian Movement.

During the 1970s, tension in which AIM played a prominent role permeated parts of North America's native community, which culminated in violence at Wounded Knee, S.D. "The appearance of the American Indian Movement (AIM) and its unifying factor in the Indian community has resulted in cross-country travel by individuals in which we maintain an interest," says a report marked "secret" and dated April 5, 1973, titled Red Power Canada. It was distributed to RCMP division commanders across the country with a request that each division submit a list of individuals it felt should be included in a Red Power photograph album being set up.

Accompanying Security Service documents indicate that its concerns with native activism of the era were heightened "following the participation of Canadian Indians at the occupation of the Bureau of Indian Affairs offices in Washington, D.C., early November 1972," says one confidential intelligence report dated March 23, 1973.

Source: Vancouver Sun

MAKE BANDS ACCOUNTABLE, SAYS INDIAN AFFAIRS REPORT

Changes to the Indian Act should require all native bands to adopt a financial management and accountability code with minimum standards approved by their members, says a ministerial report prepared for Robert Nault, the Minister of Indian Affairs.

"The Indian Act is silent on the subject of financial accountability," says the final report of the joint ministerial advisory committee. "All other governments in Canada are obliged by legislation to follow rigorous financial accountability regimes open to public scrutiny. The report also says any changes

to the Act must in no way "infringe on the aboriginal and treaty rights."

These and other recommendations came from a committee of government officials and native representatives that was created by Nault to give him options to consider before he updates the 126-year-old Indian Act. The Assembly of First Nations withdrew its representative from the committee in December because of objections to the process for formulating the legislation.

The report is expected to be reviewed by the Department of Justice before it begins drafting legislation for the so-called First Nations Governance Bill that Mr. Nault is expected to table in Parliament by June. Chiefs across Canada who are opposed to the planned legislation view it as an unacceptable step backward, fearing it will define and limit treaty and inherent rights and erode their right to self-government.

CARIBOU CONDOMS PUT FLAVOUR INTO INUIT SEX LIFE

IQALUIT, Nunavut - For all you rugged outdoorsmen out there, have I got a "treat" for you. Condoms flavored with traditional foods such as caribou, musk ox and arctic char have become the favorite collectible from this year's Arctic Winter Games in Iqaluit. The first 2,500 condoms, given away at five locations in Iqaluit along with an information package, disappeared almost immediately after the Games opened last weekend. By Wednesday, officials had given away more than 15,000 of the condoms, which are brightly packaged with pictures of five different northern animals. "It's proven to be a remarkable success, not only at providing information to people, but getting them really talking about the issues," said Todd Armstrong, HIV adviser for Pauktuutit, an Inuit women's organization.

STATE COLLEGE PRESIDENT DUMPS MOHAWKS NICKNAME

The president of the Massachusetts College of Liberal Arts in North Adams, Mass., has decided its sports teams will no longer be known as Mohawks.

President Thomas Aceto's decision came after two years of debate that included a vote by city councilors urging the school to keep the nickname. Aceto had final say in the matter.

Aceto, who is retiring in August, said that he wanted to avoid racial stereotypes and the move was "the right one for both the college and for members of the Mohawk Indian tribe." He directed athletic officials to consult with student government and alumni groups and recommend a new nickname by May 15.

Hundreds of schools have dropped their Indian nicknames in recent years following protests. However, others, including the University of North Dakota, known as the Fighting Sioux, have stuck with their nicknames.

"This is not a case of political correctness, but of changing times," Aceto maintained. He said the college could honor the Mohawks in another manner, possibly by naming a building after the tribe.

Source: Associated Press

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A Walk to Remember

by Will Nicholls



When I stepped off the plane in Chisasibi my first thought was I should've put the longjohns on back in Montreal. It was a chill wind grabbing at my warmth. I hurried into the terminal with Neil. We arrived to watch the end of an extraordinary walk across 1400 km of Eeyou Istchee.

That chill wind was felt by some of the walkers as they walked to talk about diabetes and the threat it poses to the Cree. Solomon Awashish, whose dream of this walk started it all off, had severe frostbite on his cheeks but was determined to finish what he had started.

The walkers were due to arrive in Chisasibi March 22 and were camped 18 km outside of town. When we visited they were in high spirits. Their numbers would grow to 91 people as a few people joined for the final stretch. Neil put on some moccasins and joined them for part of the walk to get some of the great photos. He was nicknamed the jogger, as he would run out ahead of them and up and down the line snapping photos.

I went to the Chisasibi cultural camp where over 400 people were on hand to greet them. People came in from all over the territory to be on hand. It was a time to celebrate a journey's end and its success.

Only one chief was on hand to greet the walkers, Chief Abraham Rupert of Chisasibi. He told me that Chief Robert

Weistche wanted to come but gave his seat up to a patient. All of the other chiefs were in Hull attending a council/board meeting and Grand Chief Ted Moses sent a message congratulating the walkers.

Later that day there was a feast in their honour with gifts for all of the walkers. Air Creebec donated beautiful jackets that a few walkers said they would have liked to have on the walk itself. The high point of the feast though was the wellness journey cake. After being proudly displayed, it was hurled to the floor as George Diamond explained that the sugar in the cake was bad for diabetics. There were more than a few surprised faces and laughter when a mini food fight erupted on stage with the remains.

I had a chance to talk to a few people involved in the walk.

Crystal Jolly, the youngest walker

Hello to everyone in Eeyou Istchee. My name is Crystal Jolly. I am nine years old and I live in Mistissini. I started my journey from Mistissini with my parent and my oldest sister. I am on this journey walking for other people who are sick with diabetes. I am walking for both my grandmother, who is diabetic, and also for my mother, who is almost a diabetic. I am happy I have

finished this journey with all my family and I thank God for the strength he has given and shown me.

The Crees of Eastern James Bay are experiencing a diabetes diabetic. There are 3 to 5 times more diabetes in Eeyou Istchee than in the general population of Canada.

As of May 2001, there were 975 people diagnosed with diabetes.

The total number of people with diabetes has increased by more than 4 times since 1989.

Two thirds of Cree with diabetes already have some damage to their bodies.

94 per cent of people with diabetes are overweight.

One quarter of people with diabetes are under 40 years old.

Of the 975 people with diabetes, 624 were women and 351 were men.

Bertie Wapachee, Chair of the Cree Board of Health and Social Services

Hello to everyone. As Chairman of the Health Board I am very proud to have recruited someone like Solomon (Awashish) and George (Diamond), who have been such a great team promoting this journey as well as educating the Cree about diabetes and other important health issues.

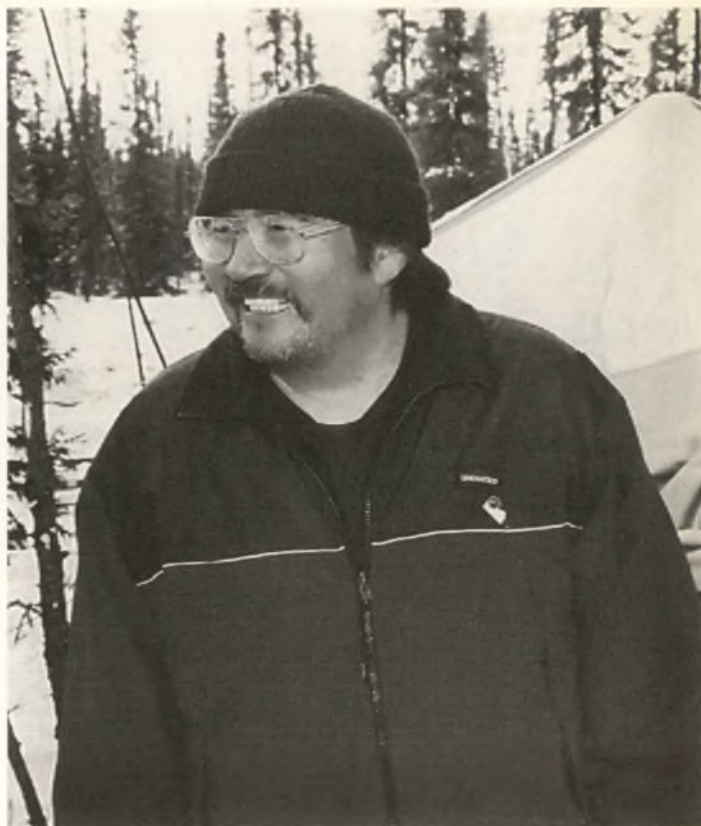
I think the completion of this journey shows a lot of great results. Especially those who have participated in this journey. They look good. They are an example of what all of our nation can look like if we all do the same thing... take care of ourselves physically and live healthier lives.

I think what's important now is to continue what we are doing. We started something here and I hope it continues. Not only for those who participated in the journey but that every community will start doing things on their own to promote healthier lives.

One of the things I want to say is that I feel for those people and families that have lost loved ones because of causes from this disease. What we are doing now is a good start. A few years ago bringing home some people was a start and even now what we have done here another step taken towards taking care of ourselves even more.

It's not hard to think of a journey from one community to another until you have traveled all of Eeyou Istchee anymore because a lot of people have done it. It wouldn't take long to get out your snowshoes and take an hour walk to take care of yourself. We have to start taking care of ourselves and not wait for people like Solomon and George to tell us when to exercise and when to walk. We have to take that responsibility for ourselves as individuals. As they say to live healthier lives you start with the individual, the family and the community so the nation becomes healthier nation. That was what we were striving for. I certainly hope it's not the end of journey but part of a journey we have all been striving for... a healthier life.

There's something that we should all keep in mind. It takes an individual to live a healthier life but it also takes our leadership to get involved in these things and promote healthier lives, not only to prevent diabetes but also to prevent people from going into alcoholism, drugs or anything else that hurts our people,



our children and our nation. Diabetes is one thing. It's a major cause in our territory of why our people are in the state they are health wise. Leadership has to take the responsibility as well as individuals. It can't be just the Health Board anymore; it has to be a team effort. Everyone has to be involved because everyone is affected.

Diabetes is a condition where the pancreas fails to make insulin or the body cannot use the insulin created. Insulin is needed to move glucose (a type of sugar) out of the blood and into muscles and cells where it can be used as energy.

A high level of glucose in the blood acts like a poison to damage the eyes, kidneys, nerves and blood vessels in our body.

Diabetes is a lifelong condition and the risk of getting it increases as you gain weight and the longer you stay overweight.

George Diamond

I think the overall purpose or goal of the Wellness Journey was to make people more aware of diabetes. One of the things I believe in is if we are going to be successful in these different campaigns we have to rely on our traditional activities. It has to be a traditional activity and part of our culture and history. It's because when we use something like that and we go on the land we make people more sensitive to our cause. We reach a lot of



myself and the things I need to work on for me to grow. It taught me a lot of things about the land. It made me realize how beautiful the land was that was created for us and been given to us. There are a lot of things that are taken for granted and now I realize the beauty of them. Even to look at a simple spruce tree. The boughs served us and gave us warmth and shelter. It acted as our floor giving us insulation from the snow. It kept the dogs warm at night. It gave us indicators for us on the lake so we knew where the path was. One time we took the wrong route because there were no trees to show us the way. An Elder once told me that these were used as a landmark or indication of where the trails were.

All together the walk has changed my life but it is only the beginning. I'll have to continue my healing.

When you walk there's the physical side of it. You feel good about yourself.

people that way. Mainly we did this campaign in such a way that we touched people's hearts. That was one of the things we set out to do as we wanted people to be emotional about diabetes.

Through the stops in the communities we met people who would tell us stories. They told us stories about how they are dealing with diabetes, how they lost loved ones to diabetes and from those stories we learnt a lot.

I think people are serious about doing something about diabetes.

We have to educate our children and our grandchildren.

This has to be done in the home. I think that's where we will have a long-term success in the fight against diabetes. I honestly think we can beat this disease. We have to say we are going to do something about and put our words into action.

What we did was a regional event and it was an opportunity to get all the communities involved. What I would like to see is each community start their own healing journeys on diabetes. By getting a group of people to go on these journeys, regardless of their age, it will be one of more successful approaches. I feel each community should take the initiative and organize themselves.

Solomon Awashish

Hi, I'm one of the walkers. This walk has changed my life. I feel really proud and happy I have completed the walk. I feel that the walk was successful. We raised awareness about diabetes. At the same time it taught me a lot about

This Walk touched the four components of wellness: the physical in the traditional walk itself, the mental side of it as we had to be tough to finish it, the spiritual aspect of it- I felt the presence of God out there, He talked to me a couple of times, and the emotional as I dealt with my emotion. There were times on the walk when I cried just thinking about the pain and trauma I have encountered in my life. Altogether this walk has been a good experience for me. Thank you





Freddy Jolly- just before the hockey game and after the walk. The walkers won 13-12.

Every day we practiced while we walked. First we exercised and now we play.

The walk was O.K. Everyone did their own chores. It went well and I'm happy. I'm still happy but I'm a little sad that everyone will be leaving and going back to their communities. This is the best journey I have ever went through.

I'm thinking about retiring but still have my hockey career. (laughter) But I'm thinking of maybe walking again too.

[At the beginning of the journey Freddy brought two dogs owned by a French-speaking person. They could only understand French.] They're still in Waswanipi because I don't speak French. I don't know how to say go in French even. That's why they're still waiting for me in Waswanipi. Maybe next year they'll be ready.

It's a fun journey and tonight we are playing hockey just for fun.

It is known that family history, being overweight and not exercising have a strong influence on whether or not you will get diabetes.

For all First Nations people in Canada, diabetes is 2-3 times higher than for the rest of country.

80 per cent of Cree with diabetes are obese.

90 per cent of Cree with diabetes have one or more risk factors over which they have control: smoking, obesity and lack of exercise.

Diabetes can be prevented or delayed.

Diabetes may surface under severe emotional stress, severe illness, surgery, and with pregnancy.

Jimmy Etapp

Hello, I'm from Mistissini and I work in the reception centre. My job is working with young people. This year we had an opportunity to participate on this journey. Three clients and myself from the centre went on this Wellness Journey. We had noticed that our youth had a desire to walk. The three youth have expressed what they are facing when they are in the community. They really wanted to go out somewhere and work on these problems. So that's why these youth went on this journey. For them the Walk was quite an experience because these three youth had never actually been out on the land. For them it was quite something as they learnt their traditional values. It has helped them in their lives to back out on the land. They also said they had been away from peer pressure and it has helped them turn themselves around.

For me, this journey has really helped because Miyupmaatisiitaa on diabetes because myself, I am a diabetic. It has really help me in my health. I've learnt to eat the proper meals I am supposed to be having and daily I have exercised on snowshoes. I encourage other people that are diabetics that they try to follow this tradition. It will help them in their health and in their lives. As of now there is no cure but we can prevent it. We can look at the awareness of diabetes. For me it has really helped me as a diabetic and I look forward to other people joining these journeys to learn to take care of themselves.

Demerise Mayappo

I'm from Eastmain. My dad is diabetic and he has been using insulin for 17 years. I gave part of my life so I could walk for him.

Sometimes this journey was hard but I liked it. I am really happy I completed the whole journey. When I started in





for completing her Wellness Journey. We are very proud of her. We cannot express the joy we felt upon her safe return to Chisasibi. When she left for Wemindji, it really touched our hearts. We are thanking all the organizers for taking such good care of her. When the journey through Eeyou Istchee took place in 1999, Edith begged her parents to let her go but they didn't allow her at that time. She knew that the journey was taking place to raise money for the hemodialysis machine to be installed at the Chibougamau hospital. She also knew that her grandmother would soon be hooked up to a dialysis machine. She had said she wanted to help raise money for this machine and she wanted to be allowed to join the next journey through Eeyou Istchee. We could see the disappointment in her eyes when again we said she couldn't go yet.

Waswanipi people were shy at first but now we are like friends. A complete family.

When I was approaching the end there was something in my heart that told me I made it through the 63 days. I had tears in my eyes because I couldn't believe I had walked all this way. I felt good. I lost weight, about 25 pounds. Other people lost weight too.

Some of them they had healing from alcohol and drugs. And some of us were walking for diabetes.

Symptoms of diabetes include: frequent urination, changes in appetite, extreme fatigue, blurry vision, unusual thirst, unexplained weight loss, irritability and tingling in hands or feet. Not all symptoms must be present to indicate diabetes so if you have any of them get tested at your local clinic. the sooner you get tested the better chance you have.

Over the past five years, 57 people with diabetes have died.

Diabetes is preventable. Get tested early. Get your weight down if you are overweight. Exercise. Eat healthy foods. Learn about diabetes.

Diabetes is a silent disease but early detection can delay or prevent complications of diabetes.

This winter, Edith once again asked to be allowed to go, this time on the Wellness Journey that would raise awareness on the Diabetes Epidemic among the Cree people. She asked again if she could go but we didn't give her a yes or no answer because her grandmother was getting weaker every day. Towards the end of February, she asked again if she could go and this time we gave her our permission. We told her that maybe she could join them the last day of the journey but she wanted to start walking from Wemindji. We, her parents, have considered her one of our special children because she was born with medical problems. She had asthma and a skin condition called eczema, which causes skin infections. We let her join the walkers starting from Wemindji.



One Chisasibi Family's Experience with Diabetes

We dedicate this message to all the diabetic people in all nine Cree Communities.

Written by: The Duff family: George, Alice, Norman, Agnes, Victoria, Catherine, Andrew, Doris, Harry & Mary Duff,

The Chiskamish family: Jacqueline, Matthew & their children: Emma, Jessica, Edith, Katrina and Robbie Chiskamish

First of all, we would like to congratulate Edith Chiskamish

Our daughter Edith Chiskamish dedicates her Wellness Journey from Wemindji to Chisasibi in loving memory to her late Grandmother Maggie Sealhunter Duff, who passed away last month, after living a long time with diabetes. She also dedicates her walk to all her relatives who are diabetic and to everyone else who has diabetes. She wants us to stand united in our walk to prevent the Diabetes Epidemic. It is so difficult to see our loved ones suffer from this illness.

On February 1st, 2002, God took our beloved mother Maggie Duff. She died at the Royal Victoria Hospital in Montreal, surrounded by her children, her grandchildren, her sister Sarah and some of our relatives. She was born on November 24, 1934. She had 15 children altogether, nine of whom survived. Four children passed away and two were stillborn. She was diagnosed with diabetes in 1974. Since this time, when the doctors discovered she was diabetic, she suffered from poor health. The last three years were very difficult for our family. Our mother was flown out to Montreal many times.



This is what happened to her:

- In 1974, she was told she was diabetic
- In 1976, she was diagnosed with high blood pressure
- In 1981, she started insulin injections because of her diabetes
- In 1986, doctors discovered she had kidney problems
- In 1989, she had clogged veins in her upper leg
- In 1991, she had a minor stroke
- In 1992, she began having eye problems related to



diabetes

- In 1995 and in 2001, she had laser treatments
- In 1999, in July, she began hemodialysis treatments for kidney failure
- In 2001, in March, she had an infection in her heart valves
- Also in March 2001, she started having cold feet due to poor circulation
- On May 13, 2001, we took her into the clinic because of pain in her toe. The doctor said she would have to have a check-up in Montreal. The next night she had chest pains. Her heart rate was very slow. The next morning, she was transferred to the Montreal General Hospital. She was observed in the emergency ward that night. This was to be first time of many times we would have to stay with her day and night.
- On June 26, 2001, a toe on her left foot was amputated due to poor circulation. This was done at the Royal Victoria Hospital
- On September 10, 2001, a part of her foot was amputated due to infections. The antibiotics she was given were not effective.
- On September 26, 2001, she was fitted with a pacemaker to help her heart which was beating too slow because of poor circulation
- On October 7, 2001, she had another surgery to remove an infection on her foot
- She also had many surgeries on the location of her catheter for her dialysis because of her small veins
- Many nights, she couldn't sleep because of the pain in her foot and leg
- On November 16, 2001, her leg was amputated below the knee
- On December 4, 2001, she was transferred back here to Chisasibi Hospital even though she was not completely healed
- On December 12, 2001, the doctor told us her leg wasn't healing because she wasn't eating and also she was sleeping all the time
- A few days later, she began to eat traditional Cree food

that people brought in for her and she started to feel better, even though she still had pain because of her amputated leg

- On Christmas Eve, after her dialysis treatment, we brought her home so she could be home for Christmas

- On January 16, 2002, she was once again flown out to the Royal Victoria Hospital in Montreal, for a check-up

- On January 21, 2002, they removed the infection on her leg again and they left the wound open

- On January 25, 2002, she had surgery to close the wound. She had to have two blood transfusions because her blood level was very low

- A few days later, they reduced the pain medication because she had less pain and was sleeping most of the time. She then complained of an abdominal pain after her pain medication was reduced. She had an x-ray and a CT scan. The doctors thought she might have appendicitis but they weren't not sure so they inserted a tube to make certain

- Some of us went to the Montreal airport to pick up our aunt Sarah Lameboy because she was coming to visit our mother. While we were in the waiting room back at the hospital, the doctor came in and told us there was nothing more they could do for her because of a blockage in her intestines and she was having internal bleeding. The doctor told us that she wouldn't be conscious for very much longer and she even told us that she had only a few hours to live. We all took it very hard because we were being told bad news that was totally unexpected

- When we went to see her in the recovery room, she was already on life support. The doctor asked us if she could remove the life support but we told her we wanted to wait for other family members who were on their way.

- On February 1st, 2002, the doctor once again asked us

if she could remove the life support and this time it was removed at 3:20. She could only breathe on her own for 10 minutes after the tube was removed

Our mother was a caring, loving, gentle, strong, respectable, generous and patient person. She loved being in the bush before she had medical problems. She gave us faith in God, as well as her love and wisdom. These are lasting gifts that will see us through the sadness of her passing. She will always remain in our hearts. We miss all the love we shared each day, especially her smiles and her laughter. We know we didn't really lose her and we know she is watching over us every day. We know she is now happy to be with our father, our sisters, our brother and other loved ones who have passed away. We appreciated it when the doctors allowed us to bring her home for Christmas. We knew she was very happy to be home again.

The last night we spent in the recovery room with our mother was one of the hardest things we had to go through in our entire lives. When the doctor asked us if they could remove the respirator, it was a very hard decision for us to make. We accepted the doctor's decision because we didn't want our mother to suffer anymore. There were times when she would tell us how much she was suffering and she would tell us to take care of ourselves. We didn't want her to go but because of our belief in God, we know that we will all be together again someday. We know she is in Heaven, where there is no sickness or pain.

We would like to thank the Good Lord for watching over us when we took all those trips to Montreal to visit her. We would also like to thank all the doctors and nurses at the Chisasibi hospital, especially Patrick, Danielle, Annie and Michel at the hemodialysis unit for doing their best to take care of our late mother. We also thank all our relatives, the Band Office for





their financial assistance and all the people who helped us during this difficult time.

Everything that happened to our late mother was because she was diabetic; this is what caused her numerous medical problems. One of the most important aspects of this disease is to take proper care of your feet. If you know you are having foot problems, go to the clinic right away to have them looked after. For those of you living with family members who are diabetic, try to take good care of them and look after them. We often cried because she was diabetic. She fought this disease for many years. But in the end, she couldn't fight it any longer.

For us, many times it was difficult because of our jobs, but we wanted to be with her during her surgeries in the south, so we just went back and forth. We hope that no one else ever goes through what we went through. We all know there is no cure for this disease so as individuals we have to take care of ourselves. We are praying and hoping that there will be a cure one day.

We are thanking all the walkers for the Winter Wellness Walk Promoting Miiyuupimaatisiitaa. We very much respect what you have accomplished. You have shown great love and strength because you were thinking of your loved ones. We knew you often found it difficult but you continued because you wanted to finish the walk.

We are thankful that our aunt Sarah Lameboy was able to be near her and that God had given her the opportunity to be there when our mother passed away. She gave us a lot of support and she tried to comfort us as much as she could, even though it was also very difficult for her. We are also thankful that Elsie and Harry Duff made sure they could come down to be able to comfort us at that time.

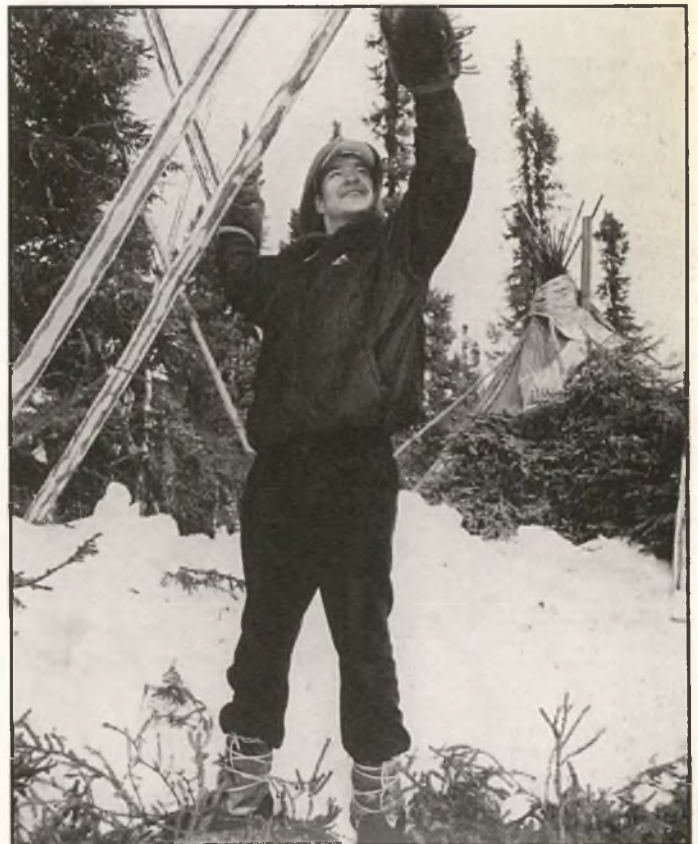
Our late mother did thank us for taking care of her and near the end, she told us she was no longer in pain.

In closing, we want you to know that we wrote this because we think that it is very important for everyone to take care of themselves. Wachia to all. God bless you.

The Creator has given each of us control over our body, and the freedom to take care of it. We can honour this gift by making choices to keep ourselves healthy.

Here are a few tips to preventing diabetes:

- **Get tested for diabetes once a year.**
Diabetes is a silent disease. It is possible to have diabetes for ten (10) years and not know about it. It is very important to test for diabetes. To do this, you must call your health clinic and make an appointment.
- **Learn as much as you can about diabetes.**
Information about diabetes is available at your health clinic and the CHR's office. Diabetes is a preventable disease. The more you learn about good eating and healthy living, the easier it is for you to make right the choices. If someone in your family has diabetes, educate yourself and live a healthier lifestyle with them.
- **Make physical activity part of your life every day.**
Exercise every day. Exercise will burn the extra energy stored in your body. Physical activity can mean walking 20 minutes a day, 3 to 5 times a week. Take a walk with members of your family or your friends. Walk to work instead of driving. Walking is the best exercise you can do to lose weight, and keep your body healthy and working properly.
- **Eat traditional & healthy food.**
Our body is like a ski-doo. If you are not careful how you treat it, it will eventually breakdown. You need to eat traditional and healthy foods for your body to function properly. Make small changes in eating habits. For example: eat smaller portions, eat eeyou miichim instead of poutine, Klik or other processed food, choose a fruit instead





of chips or chocolate, roast or boil food instead frying, drink water, natural no sugar added juices or diet pop instead of regular pop, Kool-Aid or Tang.

- **Maintain a healthy weight**

Not all overweight people have diabetes, but the excess weight significantly increases your risk of getting diabetes. By losing only a few pounds (10 to 20 pounds over 1 or 2 years) you can significantly decrease your risk of getting diabetes. If you are interested in losing weight, you can make an appointment to discuss this at your health clinic.

- **Reduce stress your life.**

Stress is part of life. Too much stress can lead to the body breaking down. Learn to reduce the stress by living a balanced lifestyle. Take time to play and enjoy yourself. Being physically active is a very good way to reduce stress.

Get involved and help your community The most important part of any successful diabetes program is the community. Work with your community to create a Community Diabetes Task Force. This group can organize support

- groups, cooking classes, shopping classes, exercise activities, school activities, etc. depending on what your community wants. Nothing will happen if you do not get involved in your own community and take responsibility for action.



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WILL ON THE GRILL

by Will Nicholls

We had been talking about an in-office Will On the Grill Spaghetti Sauce Cook-off for a while and finally all the contestants were in town and ready to go. The contestants were Nation Photographer Neil Diamond, Ad Manager Aaron MacDevit and Art Director Richard Lawson. They would be judged on taste, texture, presentation, pasta, bouquet, spiciness, extras and the spaghetti overall. The sauces were named 1, 2 and 3 so no prejudging or bribes would interfere with the results. Sauce 1 was the largest. I called it Mom's Healthy Helping for presentation. Sauce 2 was a standard restaurant presentation while Sauce 3 was a nouveau Plateau Mont Royal pretentious presentation suitable for wannabe yuppies and vegetarians hoping to impress. All the pasta was just the right amount of firmness without being too hard.

Overall Sauce 1 was the winner. It had a very mature taste that left no doubt it has been refined over many years of making spaghetti. Sauce 2 was naughty but nice. It had an extra spiciness that I enjoyed. One judge hesitantly said Sauce 3 had an unusual flavour. I was less kind and remarked that Sauce 3 should be fed to wild starving cats as an experiment to see if they would actually eat it. The taste stayed around a bit longer than I liked. After the judging we found out that Sauce 3 had been bought. It was the most expensive designer spaghetti sauce that money could buy and it still lost to the homemade entries.

The winner was Neil followed very closely by Aaron. As for the cheater, Lawson was disqualified and mocked. We'll never trust him again in a cook-off.

Below is the winner's recipe.

Neil's World Famous in Eeyou Istchee Spaghetti Sauce

ground beef (lean)	1 pound
canned tomatoes	2 cans, (liquefied in blender)
tomato paste	1 can
green pepper	chopped extra fine
red pepper	chopped extra fine
yellow pepper	chopped extra fine
onion	chopped extra fine
garlic	5 to 6 cloves crushed
oregano	lots of it
basil	teaspoon
sage	2 pinches
rosemary	pinch
pepper	to taste
salt	to taste
thyme	teaspoon
chili powder	to taste
paprika	teaspoon



Nation Judge Skawennati just gets a taste of Sauce 3!!!!!!!

tabasco sauce	A few dashes
brown sugar	1 tablespoon
*red wine	1 cup
whole mushrooms (optional)	

1. In a large pot, brown ground beef over medium heat. Drain excess oil, and place back in pot.
2. Add onions, peppers, and garlic. Keep stirring until all partially cooked.
3. Add liquefied tomatoes and tomato paste, stirring constantly. Add wine and the rest of the ingredients.
4. Cook over medium heat for about one hour. Simmer covered and stir every few minutes.
5. Add optional mushrooms 15 minutes before serving. Call and invite me over.

*Top Secret Ingredient

Light & Simple Cordon Bleu Chicken

4 boneless skinless chicken breast halves
2 slices fat-free ham halved
2 slices reduced-fat Swiss cheese halved
1/4 cup flour
1/4 cup bread crumbs
1 egg

1. Heat oven to 350 degrees.
2. Place 1 chicken breast half, boned side up, between 2 pieces of plastic wrap or waxed paper. Working from center, gently pound chicken with flat side of meat mallet or rolling pin until about 1/8 to 1/4 inch thick; remove wrap. Repeat with remaining chicken breast halves.
3. Place 1/2 slice each of ham and cheese on each chicken breast half. Fold in sides; roll up jellyroll fashion, pressing ends to seal. If necessary, secure with toothpicks.
4. Place flour and breadcrumbs in separate shallow bowls.
5. Place egg in another shallow bowl; beat well.
6. Coat chicken with flour; dip in beaten egg. Roll chicken in breadcrumbs; place in ungreased 8-inch square baking dish.
7. Spray chicken rolls with nonstick cooking spray.
8. Bake at 350 degrees for 30 to 35 minutes or until chicken is fork-tender and juices run clear.

SOME WAYS TO IMPROVE THE PARENT/TEEN RELATIONSHIP

For anyone who remembers being a teenager, you would remember that it was your parents and other adults who were the problem.

by Brian Bishop

They wanted you to come in "on time," help with chores at home, do your school work, and be a little "goody-too-shoes." And what was so wrong with smoking a little weed, drinking beer and having sex? Wasn't everyone else doing it?

As teenagers you could not understand why these old-fogey adults would want to "hate on your game." It seemed to us that our parents were simply uptight and that somehow THEY didn't get it.

Now that we have become parents it is us who "don't seem to get it." Why can't our teenagers listen to us? Why are they rushing into sex at twelve or thirteen when their bodies are not ready for that? Can't they wait?

Why are they getting drunk and high every weekend? What is it that is so attractive about darkness that they stay home all day and go out all night? And what's up with the big pants falling off their behinds anyway? Can't they find some more decent clothes to wear?

Now it is us who spend our time worrying where they are and who they are with and whether the next knock on the door or telephone call could be the police or worse. We also worry about premature sexual activity because unprotected sex is not only about unwanted pregnancy; it is also about AIDS and HIV and possible deaths. As parents now, we don't find the teenage years to be so cool anymore.

The truth is that it is difficult both being a teenager and being the parents of teenagers and your perspective depends on which side of the fence you are on. As a teenager it is difficult trying to find yourself in this muddled world of negative role models, violence, sex, drugs, hypocrisy, and lies (just look at the evening news).

And as parents we must not lose sight of the fact that we were once teenagers too and our lives were guided by the same forces (such as peer pressure) that are now guiding our children. As such, we must be willing to negotiate a meaningful relationship with them in order to help them stay on track.

And the key word is negotiate.

We must be flexible enough to balance our concerns about their safety with trust in their ability to make good decisions based on the values with which they have been raised.

We must be flexible enough to negotiate an appropriate curfew time that allows them to spend time with their friends and be home at a suitable hour.

We must also learn to communicate with them rather

than moralizing, preaching, nagging, and screaming. This means that we have to develop the ability to listen to their concerns (regardless of how insignificant it seems) and to share with them our fears and admit to our own imperfections.

And, more than anything else, we must be good role models for our children. Parents cannot be drinking, taking drugs, smoking cigarettes and not expect their children to do the same thing. And neither can they ask their children to lie and say that they are not home when the telephone rings and not expect the same children to lie to them later on.

There is too much at stake to do otherwise.



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Cree School Board
Commission scolaire Crie

You are invited to an
Adult Education open evening
at 6:30-8:30 on April 9th

CRA conference room
Speaker: Marcel Martin
Educational Consultant AND
information package

For further details:
Phone Philip Kropveld
819-673-2490

April 2002

Adult Education Services Nemaska

Remembering My Teachers

Xavier Kataquapit

Recently I heard from an old teacher of mine. Rhonda McKay dropped me an e-mail from Thunder Bay where she is now teaching and living. Her contact reminded me of just how important teachers are in my life. I mean all the teachers, those who do it as a profession and also those that simply have taught me because they love me.

In my home community of Attawapiskat on the James Bay coast my parents taught myself and my brothers and sisters from an early age how to live on the land.

When I was young my mom Susan and my dad Marius took the family out just about every weekend during the summers to visit the islands on the bay. We spent hours walking pebble stone beaches and learned where to find berries of different varieties growing in the shallow soil along the beach. In the winter time, my parents also took the time to take us outdoors and teach us how to live in cold weather conditions. At any time of the year we were taught how to find the right camp site, how to set up camp, where to find wood for a fire and how to make a fire. Of course I also learned how to hunt and provide food for the family. I guess to sum it up my parents taught me how to survive on the land.

If ever I am left in a situation with no modern conveniences and I have to make do with very little, I can survive.

It was also good for all my family to spend time with our parents on the land in natural settings and without the distractions of the community. These visits on the land were opportunities to learn more about our Cree language. We communicated in our language all the time when living on the land and our parents taught us more of the older traditional Cree.

Like every young boy in my community, I learned the Cree language first and was taught the English language later when I attended elementary school. I was fortunate to have several good teachers who took extra time to help me learn more about the greater world outside my community. These teachers in my early life made a big impact on me and basically encouraged me to believe in myself and to strive to become educated.

I also attended secondary school in Attawapiskat where I was fortunate to be taught by a bright young teacher, namely, Rhonda McKay. She was an enthusiastic teacher who always had time for all her students and she made our learning an enjoyable experience. One Christmas she coordinated us senior students to produce an original play. We wrote the play, built the props and performed it live on stage in the gymnasium for the entire community. It was a play based on the theme of solvent abuse and had a good message for everyone. It was a



memorable experience to act out our own play on a stage in front a large audience of community members and we finished to loud applause.

In more recent years I have benefited by the help of my brother's wife Christine.

She is a midwife and a nurse from Sherbrooke, Quebec. She worked in Attawapiskat for several years and felt that I had some talent for writing so she encouraged me at every opportunity to develop my skills. I still have a small library of books by First Nation people that she gave me.

More recently, I have had the opportunity to work with my good friend Mike who is a writer that I admire very much. Over the past few years he has helped me develop my skills of writing that include news and feature styles. He has also helped me with creative writing. As part of this teaching he and his mom Emily have also made me feel that I can achieve my goals here in the big world outside of my home community.

In the past few years I have been assisted by many prominent First Nation organizations.

Many people have encouraged me like Shawn Batise of Wabun Tribal Council, Darlene St. Denis-Lafontaine, who is now with Wabun; Rose Anna Campbell of Mamo-Wichi-Hetiwin Employment & Training and Diane Riopel, of the Ojibway and Cree Cultural Centre.

All of these people, their organisations and their staff members have provided me with encouragement and a helping hand along my way.

I have had so many teachers in my life and they have all made a big difference in who I am. So today I am thinking about all of my teachers and how happy

I am for the time and efforts they have given me.



Chibougamau

Service des Loisirs
Ville de Chibougamau
650, 3^e Rue
Chibougamau Qc G8P 1P1

Festival *in* August 2002

The dates of August 1st to the 4th 2002 are to be boldly inscribed in your agenda, because the 4th edition of the Chibougamau Festival in August will be held. The event will unfold downtown on an exterior stage along with a myriad of activities.

An invitation to everyone from the Cree communities, of all ages, interested to shine their talent (singing, dancing, humor, visual artists, etc.) to please register immediately, by contacting Chantale Bouchard, Service des Loisirs (recreational services) at (418) 748-7195.



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the Nation

SIPPORAH PETERLOOSIE WENT SOUTH THIS WINTER

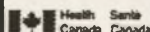


She left Pond Inlet to enroll in a Bachelor of Science in Nursing program at Nunavut Arctic College in Iqaluit. When she graduates, Sipporah will fulfill a lifelong dream to bring health care services, in Inuktitut, to the people in her home community.

The National Aboriginal Achievement Foundation and Health Canada are working together to assist Sipporah and others like her who are working to improve health within the Aboriginal population by choosing careers in the health sciences.

Financial assistance is available for studies starting September 2002. To be eligible, you must submit a completed application by May 1.

Call us at 1-800-329-9780. Ask about our health careers program and find out how you can prepare for a rewarding career in health.



THE DEADLINE IS MAY 1

The National Aboriginal Achievement Foundation
70 Yorkville Avenue, Suite 33A, Toronto, Ontario, M5R 1B9
telephone: 416-926-0775 fax: 416-926-7554
website: www.naaf.ca e-mail: naaf@istar.ca

Memories of the Past

*by a Cree
Woman*

The year was in the 1970's and the village expanded from what was a small intimate group to a larger diameter, giving room for growth to young people.

The young children who survived the transition from a purely Native to a modern non-Native culture now lived and raised their young in the village. Older children still left for distant places to attend school but many of the young now lived with their families or a guardian in the community.

New events took place in the community. Liquor was no longer restricted and the "Indian list was "passé." As with a new toy, it became an obsession that could not be left alone and the observer became the partaker. The village was a tumult of uncontrollable gaiety lasting but a short time and in it's wake leaving behind desolated people who knew no boundaries or limitations. Not knowing the lasting effects it would have on their families.

What had been a poor but serene village became one of anxiety and disillusion. The situation grew worse and at its peak took lives physically and emotionally drained others of hope. It was as if a great sickness or bad spirits had invaded the village. Children were left to care for themselves and the Elders of the village could not reach through the stupor of this powerful enemy. Even some of the Elders became victims.

The all-night brawls from adults infected the minds of the very young and their effect would come to light in years to come.

There was a young mother so sweet and kind, who went sliding with the children in the cold winter night. Who sat by the fire softly weaving stories of old while teaching the daughter the fine art of embroidery. Who made moccasins of smoke smelling hide and sacks with colors that dazzled their eyes. Who kindled wood for the fire, which sent such aromatic smells that it stayed in the mind of the daughter, as she grew old.

Down in the ditch she laid not able to rise as the daughter passed diverting her eyes. "She is not my mother, she is just an old drunk." "Shame, shame, double shame!"

The morning has arrived and the people from the party are still on the streets staggering to and fro. The daylight has revealed its bile. In the house, the father sits at the table full of empties. The floor is so filthy it has no pattern. Across the floor lies a body face down and the place reeks of beer and stale cigarettes. The mother is somewhere, still drinking or passed out. Oh God, where are you, we need you so badly.

The young woman witnesses the destruction of a village by a deadly enemy and asks where and who will help us? How can we survive under such conditions? Mama, Mama, I need my quiet loving mother. I don't know who this stranger is, laughing



too loud, fighting and shouting with flashing eyes and no prettiness in her face, crying in the corner or sleeping during the day, while I am hungry. Who can help my Mama? I am so sad and empty within.

Afraid and alone I wander the streets begging at doors for food for my younger siblings. The images of the night linger in the day making ourselves so small and quiet. No one will notice but sleep is a danger and minds must be alert. A small whimper gives signal to those around and we must scurry like mice to a new hiding place. Who are these strangers who come in the night? To frighten children and steal their youth? No warmth in the heart and no warmth for the body. No food in the house and no one who cares. There is no time to sleep and no time to play.

Some times we have to distance ourselves and look back and be thankful that someone heard our cries, as a grandparent, a parent or a child.

Many of us are still affected by those times and if we allow it they will steal what joy we have today.

The writings I wrote come from observations and stories related to me by others. I wrote it in different periods of time and complied it to the present.

Wellness Week brings these thoughts to my mind; I chew on them and reflect.



Cree Board of Health and
Social Services of James Bay

NEW POSITIONS

COMMUNITY WORKERS

Chisasibi - Wemindji - Waskaganish -
Waswanipi - Mistissini - Oujé-Bougoumou

CREE HOME AND COMMUNITY CARE PROGRAM

DUTIES:

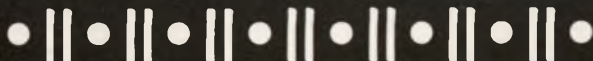
In accordance with the policies and procedures of the CBHSSJB and within the framework of the Cree Home and Community Care Program, the person offers social services among target group: especially elderly and disabled persons.

SPECIFIC CONDITIONS AND QUALIFICATIONS:

- Must have a Cegep diploma with a core concentration in techniques of social work or a CEGEP certificate in social techniques;
- Proper knowledge of Cree communities social environment;
- Bilingual: Cree and English;
- Ability to communicate with people, to run interviews and to establish and maintain a 'helping relationship with beneficiaries';
- Must show an interest and ability for paperwork and written reports;
- Methodical, organized and flexible;
- Capacity to deal with social problem;
- Ability to work in a multi disciplinary team;
- Ability to work in collaboration with CLSC Community worker, NNADAP worker and other medical Social Services staff and other organization within and outside the community;
- Demonstrate initiative, dynamism and sense of responsibility;
- Availability to work occasionally outside regular working hours;
- Skills in counselling, knowledge of the laws related to social sector;
- Good listening and communicative skills, particularly in crisis intervention
- Potential to be perceived as a role model by the community.

The persons interested are asked to forward their résumé by
APRIL 12TH, 2002 to:

Dolores Audet-Washipabano, Recruiting agent
Cree Board of Health and Social Services of James Bay
P.O. Box 250
Chisasibi, Quebec J0M 1E0
Phone: (819) 855-2844 or fax: (819) 855-2680
E-mail: daudet@ssss.gouv.qc.ca



Hommage au civisme

Vous connaissez quelqu'un qui a porté assistance
à une ou des personnes dont la vie était en danger ?
Cette personne pourrait être honorée grâce à vous.

Le gouvernement du Québec rend hommage à des citoyennes et des citoyens qui ont porté assistance à des personnes dont la vie était en danger. Il leur attribue des décorations, des distinctions et des récompenses en vertu de la Loi visant à favoriser le civisme (L.R.Q., c. C-20).

Tout citoyen qui considère qu'une personne a accompli un acte de civisme, dans des circonstances difficiles ou pénibles, peut proposer le nom de cette personne au Comité sur le civisme. L'acte de civisme doit avoir été accompli entre le 1^{er} janvier et le 31 décembre 2001.

Les propositions de candidatures doivent être
acheminées au plus tard le 1^{er} mai 2002
à l'adresse suivante :

Comité sur le civisme
Direction des programmes
et du soutien en relations civiques
Ministère des Relations avec les citoyens
et de l'immigration
360, rue McGill, bureau RC 10
Montréal (Québec) H2Y 2E9

Le dépliant « Hommage au civisme »
est disponible à la Direction des programmes
et du soutien en relations civiques
du ministère des Relations avec les citoyens
et de l'immigration et aux bureaux
de Communication-Québec. Il comporte
un formulaire de proposition d'une candidature.

Pour de plus amples renseignements, composez
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Site : www.mirci.gouv.qc.ca



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25

CLASSIFIEDS

who turned 16 and Isaac Longchap on Feb 24, who also turned 16. From buddy & homer and their masters & Madison.

To "My Little Angel" DESIREE JORDAIN CLAIRE MOSES (Moose Factory) who celebrated her 2nd birthday on Feb 5/02, A poem for you: WHEN GOD CREATED DAUGHTERS he took very special care/to find the precious treasures/that would make them sweet and fair.../He gave them smiles of angels,/then explored the midnight skies/and took a bit of stardust/to make bright and beautiful eyes.../He fashioned the with sugar/ and a bit of spice,/He gave them sunny laughter/and everything that is nice.../ So you see "Sweetheart" you are so precious to me.../God created daughters for the world to see. Happy Birthday Babe! Hope you enjoyed your Special Day. All my love, Mom.

We would like to send belated birthday wishes to the following people: Carlene Small-Feb 5th, Jennifer Small-Feb 7th, Lucas Moses -Feb 9th and our friend Pam Jeffries -Feb 10th. Hope you all enjoyed your special day! From Desiree Jordain Claire (and my mommy too!)

Happy Birthday to these people: Claudine Matoush (Feb. 1), Archie Moar (Feb. 6), Angela Gates (Feb. 12), Beverly Cox (Feb. 13), Liette Neacappo (Mar. 8), Nathan Pash-Wapachee (Mar. 9), Alice Visitor (Mar.10), Archie MoarJr. (Mar. 23), Leigh-Ann Sealhunter (Mar. 24), Shayn Pash(Mar. 25), and finally Janie Moar (Mar. 31). From your friend, cousin, niece, daughter April.

Wishing a Happy 1st Birthday to my chubby little big nephew, Spencer Bobbish on March 15. The First Time i saw you, I was afraid to hold you because you were so tiny. Today you are growing up so fast, you're almost the same height as your cousin Payton and he is four months older than you. Can't wait to see you eat your cake. Again Happy 1st Birthday.

Love always, Aunt April.

We wannna wish happy birthday to a wonderful dad Edward Pepabano, he will celebrate his birthday on March 8, **HAPPY BIRTHDAY AND MANY MORE TO COME!!!!!!! LOVE ALWAYS...Sally, Jerry & Gerald**

105 - OBITUARIES

Late Randy Wapachee (Buddy), pass away in spring 2001. Missing you a friend, a time of need. You got the anner and this obituary I'm writing is a heart of me it hurts losing someone you know as a friend. Visiting you at the grave, I just want to go home too. I know I will see you up there in heaven, and I know you're watching over me. But there's one thing I can say in my heart as I live here; we shall rejoice together in heaven. I am missing you, especially our fishing game, getting pikes, our huge ones. We knew part of our culture. In closing; I will miss you. Will always keep our last words we used to say: Good Bye! Written by Jackson Jolly.

We wish to extend our deepest sympathy to Ella Salt and family. God bless you and comfort you in your time of sorrow. May His peace be with you and let Him be your refuge. Love,

friends always; Helen and Larry.

300 - PERSONALS

A special thanks to the staff at the Montreal Awasis Day Care. Lori, Leonie, Donna, Kim, Anna, Catherine, most of all the children. I love each and every one of you. Thank you for letting me be part of the staff team. Linda too, thank you very much. Love always, Olivia Couchers XOXOXO.

To my parents Lily and Christopher Napash, I want to thank you for all that you have done for me. You have given me the greatest parents anybody could ever ask for...Love, trust, patience, understanding, encouraging & supporting. Even though, I was and still am a pain in the a** you always stand by me to lead me to right direction (with a few stops and turns on the way). But, you did a good job with me, except for my height dad...just kidding. You know what I mean! I love you both very much and thank you for always being there for me. Love Paula

I just wanna say "Hi and I miss you!" to Alex Mark and Christina Ottereyes (Chewy) whom I miss so much. Chewy, you didn't know how to quit when you started bugging someone but yeah, I miss that sometimes. (lol) Read your "Book", the one you wanted

for Christmas. (which you got:) Alex, I hope your eyes are not permanently glued to the TV screen by now. Not by watching TV shows but by playing that game. (Play Station2) I miss that game and you know I was the best player. (lol) Anyway, I miss you guys and take care of yourselves. Be smart and be good :) Love From: Shannon

We would like to say Hi! ... to our bro's in Waskaganish; Richard Mark and Germain Cap. When are you guys planning to come down again? (hopefully soon). We miss you guys. Mom says Hi and she loves you both so much. She's looking forward to seeing you both, and the kids. Hi to Stella and Angela, and Hi to Nigel, Natasha, Sonny boy and baby Treasure and Gianna. Love you. From Tanya, Pam, Grace and Mom, Niko. PS: Can't forget Doggy. XOXOXO

I would like to say a few words to Isaac Longchap the hand-somest, Sweetest, Smartest guy I've ever known, and the funniest guy to be with. And I just wanted to say Happy Birthday on February 24,2002 (I think).He's gonna be Sweet 16!!!. P.S. And Happy Valentines Day!! Take care! From: your Secret Admirer from Mistissini!!

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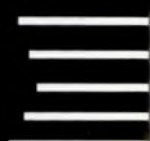


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